

**Health and Wellness Council  
Fitness Committee  
Minutes  
August 1, 2018  
5:00 PM**

The Fitness Committee held a public meeting on August 1, 2018, beginning at 5:07 p.m. at the following location.

Maryland Department of Health  
201 West Preston Street, Room 300  
Baltimore Maryland 21201

**Members Present**

Suzanne Stringer, Chair  
Mychelle Farmer  
Liz Woodward  
Aruna Nathan

**Members Absent**

Jennifer Eastman  
Min Kim  
Johnel Metcalf  
Joanne Roberts  
Julie Maneen

**Maryland Department of Health Staff Present**

Caroline Green  
Nacole Smith

Chair Suzanne Stringer called the Fitness Committee meeting to order at 5:07 p.m.

**1. Roll Call**

Roll call was taken and it was determined that a quorum of the Fitness Committee was present.

**2. Vote on minutes from May 2, 2018 meeting**

Chair Suzanne Stringer asked if there were any changes to the draft minutes from the May 2, 2018 meeting. Meeting minutes were approved.

**3. CCDPC Walking Initiatives – Overview**

Nacole Smith of the Center for Chronic Disease Prevention and Control provided an overview of the Center's walking initiatives. The Center has four targeted initiatives: Walk Maryland Day 2018, the Walking College, and the Walking Movement Leaders project, and the State Ambassador Program. Additionally, Ms. Smith charged the Fitness Committee to become a walk leader during Walk Maryland Day 2018. Additional details can be found in the attached PowerPoint or by contacting Nacole Smith: [nsmith@maryland.gov](mailto:nsmith@maryland.gov).

**4. Review action plan goal**

The proposed goal to "Increase awareness of inclusive and affordable physical activity opportunities in Maryland" was approved by committee members at 5:33 p.m.

## **5. Decide priorities/activities for goal**

Committee members proposed several objectives for the goal:

1. Every Fitness Committee member lead a walk during Walk Maryland Day 2018
  - a. Strategies: encourage local officials to walk with committee members; engage businesses or sports teams to participate in Walk Maryland Day
2. Promote 150 minutes per week to prevent chronic diseases
  - a. Strategies: create a social media message to promote 150 minutes per week (use messaging from “How I Walk” campaign to tailor messages for local events); promote 150 minutes per week through several social media platforms (hashtags proposals included: BeActive, BeActive150, BActive150, BeActiveMD150, BeeActiveMD150); create a flyer or postcard to promote 150 minutes per week to Walk Maryland Day 2018 participants and walk leaders
3. Engage/outreach to communities that are not currently involved in CCDPC grant initiatives
  - a. Strategies: create a message to promote 150 minutes per week to elected officials; create a list of elected officials to promote campaign to community members

Committee members requested the following information:

1. Is permission needed by MDH to create social media accounts through committees?
  - a. Answer: Yes, permission is needed through MDH’s Communication Office.
2. Can the message of 150 minutes of physical activity per week be added to Walk Maryland Day 2018 flyers and other promotional materials?
  - a. Answer: Materials can be modified.
3. Is there a timeline for goals/objectives set by the Health and Wellness Council?
  - a. Answer: There is no specific timeline, but as year one is halfway over, our over-all goal may need to be longer than one year.

## **6. Assign action steps**

- a. Committee members will begin to plan their Walk Maryland Day walks before the follow-up conference call. Committee members can register to be a walk leader [here](#).
- b. Committee members will work as a team to complete the Action Plan Template.
- c. Committee members will work within their professional organizations and personal contacts to promote physical activity and walking initiatives.
- d. Dr. Nathan will research social media ideas, logos, and create a message to promote 150 minutes of physical activity per week.
- e. Ms. Stringer will create a tagline message to promote 150 minutes of physical activity per week.

## **7. Follow-up conference call**

Committee members determined a follow-up conference call is necessary. A late August or early September call will be scheduled.

## **8. Adjournment**

The meeting was adjourned at 5:57 p.m.